



Athletes
PERFORMANCE

Movement Preparation

An Introduction to Movement Prep

*Athletes' Performance
Navy Operational
Fitness & Fueling Series*



Athletes
PERFORMANCE

Traditional Approach



Maybe its time to re-think tradition...



Athletes
PERFORMANCE

Movement Preparation

Redefining Warm-up

Definition



Movement Preparation

An efficient, systematic and purposeful approach used to prepare the individual for the specific demands of the days training sessions or competition

Components



Athletes
PERFORMANCE

Two Key Components

- 1) Glute Activation (mini band)
- 2) Dynamic Flexibility

Components

1) Glute Activation

- Essential part of your pillar's performance
- Effects both up & down your chain
- Often “shut off” from sitting all day, and poor posture
- Facilitates reciprocal torso activation



Components

2) Dynamic Flexibility

- Move “actively” through movement patterns specific to the training demands of the day
 - Active elongation of muscles & active mobility of the joints
- Held for 1-2 seconds
- Reciprocal inhibition
- Rehearsal of fundamental movement patterns and sequencing (Unloaded)





Athletes
PERFORMANCE

Benefits of Movement Preparation

Priming the Body for Performance

Benefits



Athletes
PERFORMANCE

- 1) Increase Core Temperature
- 2) Actively Elongate Muscles
- 3) Enhance Proprioception
- 4) Integrated Stability
- 5) Refine Movement Patterns

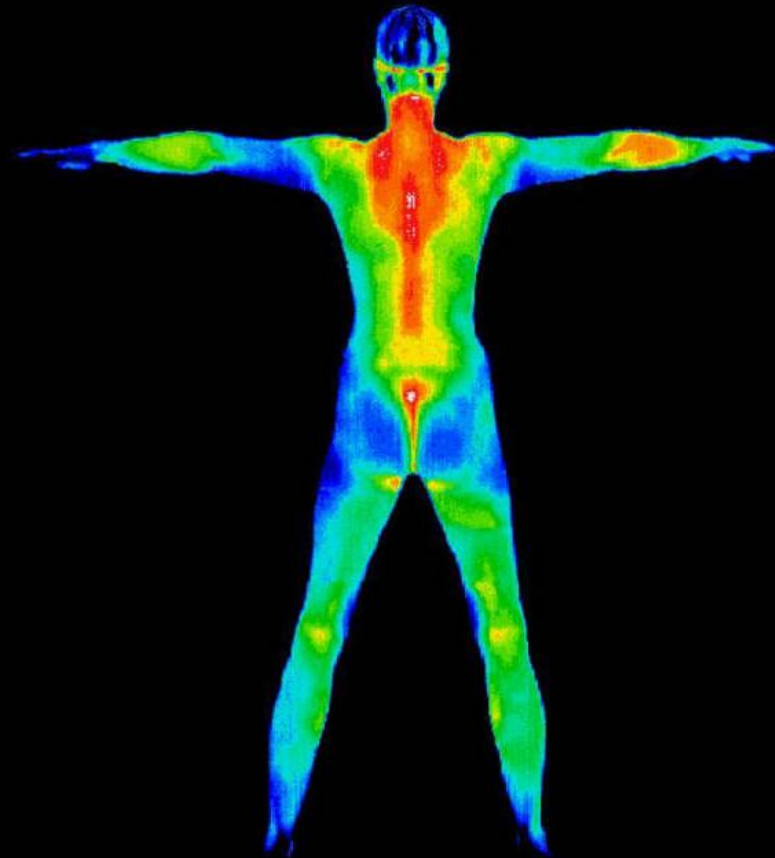
Benefits



Athletes
PERFORMANCE

1) Increase Core Temperature

- Blood flow
- Tissue extensibility
- Range of motion



Benefits

2) Actively **Elongates** Muscle

- Strengthens through ROM
- Movement sequencing
- Reciprocal inhibition



Benefits

3) Enhance **Proprioception**

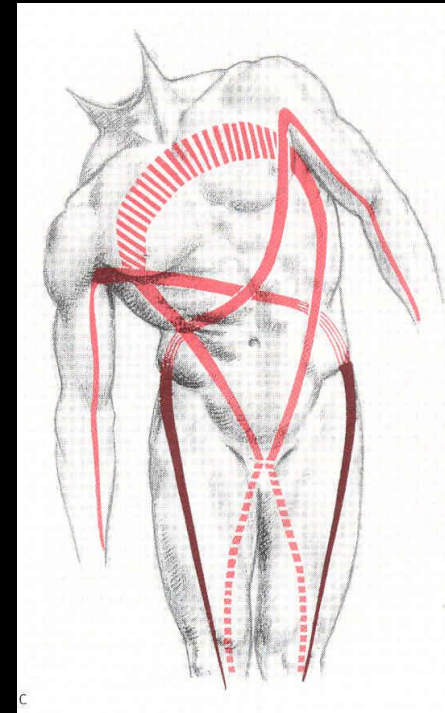
- Improves body awareness & control
- Improves self correction
- Decrease injury potential



Benefits

4) Integrated **Stability**

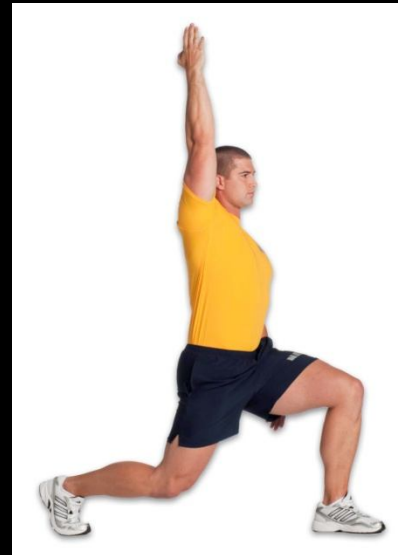
- Engages key stabilizers of the pillar in controlled multi-segmental movement
- Decreases energy leaks



Benefits

5) Refines Movement Patterns

- Repetitive ritual
- Unloaded
- All planes of motion
- Coaching opportunities
 - Focus on Quality
 - Set the tone for the session





10 min per day

50 min per week

210 min per month

2,520 min per year

Program Design Questions



Athletes
PERFORMANCE

Q: Where does Movement Prep fit in my session layout?

- _ Increase Core Temperature
- _ Actively Elongate Muscles
- _ Enhance Proprioception
- _ Integrated Stability
- _ Refine Movement Patterns

Session Layout

Pillar Prep
Movement Prep
Strength
Cardiovascular Fitness
Recovery

Program Design Balance



- Balance of linear & multidirectional movement
- All 3 planes of motion (Sagittal, Frontal, Transverse)





Athletes
PERFORMANCE

Progressions

Progressions

Simple to Complex

Body position



Modification

Movement selection



Progressions



Athletes
PERFORMANCE

Limited to Full Range



Progressions



Athletes
PERFORMANCE

Progressive Mastery



Coaching Keys



*It is essential that the Sailor understands the impact that Movement Prep can have on their training session and operational performance

1) Performance Priming!

2) Injury Prevention!

3) Simple Strategy for Success!

(No excuses / Only takes 5-10 minutes / No equipment needed)



Athletes
PERFORMANCE

Thank you.